



## Expanding Your Vision Creating a Greater Vision for 2024

*Before answering the following questions, you may want to complete the Wheel of Life on the subsequent page in this document.*

### Reflect upon your 2023:

- As you look back over 2023, what were some of the peaks, the high spots? What do you want to acknowledge and celebrate?
- What gifts have you gained during this past year? What are you grateful for?
- What were some of the valleys or disappointments and regrets? What do you want to forgive yourself for and release? Who do you need to forgive and/or release?
- From the perspective of looking back on 2023 what learning is there to deepen?
- As you review your goals/intentions/focuses from 2023, are there any you did not complete that you want to continue, revise or let go of?

### Creating a Vision for 2024:

- As you stand on one of the peaks from last year looking forward, what future is calling you? What is the essence of what is next for you? What do you want to achieve or accomplish?
- What risks and challenges will you take on?
- What more of you desires to be expressed -- for example, self-love, self-compassion, self-value, self-acceptance, creativity?
- What is waiting to be born in you?
- What self-lies (e.g., "I am not powerful.") are you ready and willing to end?
- What new level of abundance and success are you willing to embrace?
- How will you deepen your relationship with yourself, your essence?



## The Wheel of Life

Directions: The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction with each life area by entering the number between 1 and 10 into the box under each section that represents your satisfaction with that area of life. To get a visual of this, print the page and draw a straight or curved line in each area representing that level of satisfaction to create a new “edge” for the wheel (see Example). You can even shade in the “pie slice” representing your satisfaction.

The new perimeter represents the wheel of your life.

